

Annual Report and Financial Statements

For the period 13th December 2024 to 26th August 2025



**Women's
Health
Hope**

**Supporting, advocating
for and raising awareness
of women's health**

Charity Name

Women's Health Hope

Registered Charity Number:

1211407

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About Women's Health Hope

Women's Health Hope, a charity dedicated to **supporting, advocating** for and **educating** about women's health experienced by women and girls across the UK. We exist to provide practical advice, information, signposting and peer support to women and girls affected by women's health conditions and symptoms. Supporting women and girls both before and after diagnosis, recognising that many spend years seeking answers.

Through awareness raising, education, advocacy and peer support we work to reduce isolation, improve understanding of women's health conditions and empower individuals to navigate healthcare pathways with greater confidence. We are committed to ensuring that women and girls have access to trusted information, feel heard in their healthcare experiences and are able to connect with others facing similar challenges.

As a lived-experience led charity, we recognise the significant impact that women's health conditions can have on every aspect of life, including physical health, mental health, education, employment and relationships. We strive to amplify the voices of women and girls, raise public awareness of women's health inequalities and encourage positive change within healthcare systems and wider society.

Working alongside healthcare professionals, community organisations and supporters, Women's Health Hope aims to create a future where women and girls are listened to, supported and empowered to access the care and understanding they deserve.

Our Story

Women's Health Hope was founded by Monica Thomas following many years of personal experience navigating complex women's health conditions and the challenges of delayed diagnosis. Living with conditions including lichen sclerosis, endometriosis, adenomyosis, and other chronic health conditions, Monica experiences first-hand the physical, emotional and practical impact that poor health and a lack of support can have on daily life.

Like many women, Monica spent years seeking answers. Throughout her journey she encountered barriers to care, feelings of isolation and a lack of understanding about women's health conditions. Following diagnosis, she recognised that many others were facing similar experiences and often had nowhere to turn for reliable information, support or connection with others who understand.

Determined to create positive change, Monica established Women's Health Hope to provide practical support, education, advocacy and awareness for women and girls affected by health conditions and symptoms. The charity was founded on the belief that no woman or girl should have to face her health journey alone.

Women's Health Hope has worked to raise awareness of women's health inequalities, provide peer support opportunities, engage with healthcare professionals and advocate for improved understanding of women's health conditions. The charity is committed to ensuring that women and girls feel heard, informed and empowered throughout their healthcare journey.

Women's Health Hope became a registered charity in December 2024 and spent its first reporting period building strong foundations for future growth and impact. Through community engagement, awareness raising and partnership working, the charity has already begun meaningful difference to the lives of women and girls.



Why Does This Matter?

The health inequalities across the UK are clear.

- 1 in 10 women and girls have endometriosis
- 1 in 4 women have a significant gynaecological health condition
- Over 750,000 women are currently on waiting lists for gynaecological care
- Average diagnosis delay for endometriosis in England is 9 years and 4 months, rising to 11 years for those from ethnic minority backgrounds.
- 84% of women felt their healthcare professionals were not listening to them
- 76% of women report worsening mental health when waiting for gynaecological care

These statistics represent real women and girls facing pain, uncertainty, delayed diagnoses, and long waits for treatment. The impact extends far beyond physical symptoms, affecting mental health, education, employment, relationships and overall quality of life.

At Women's Health Hope, we believe no woman should feel alone in her health journey. Through peer support, education, awareness raising and advocacy, we work to reduce isolation, improve understanding of women's health conditions and empower women and girls to navigate healthcare pathways with confidence.

By ensuring women are listened to, informed and supported, we aim to contribute to a future where women's health is better understood, prioritised and valued.

Our Achievements

During our first reporting period, Women's Health Hope focused on establishing strong foundations for future growth while delivering meaningful support, awareness and advocacy activities for women and girls.

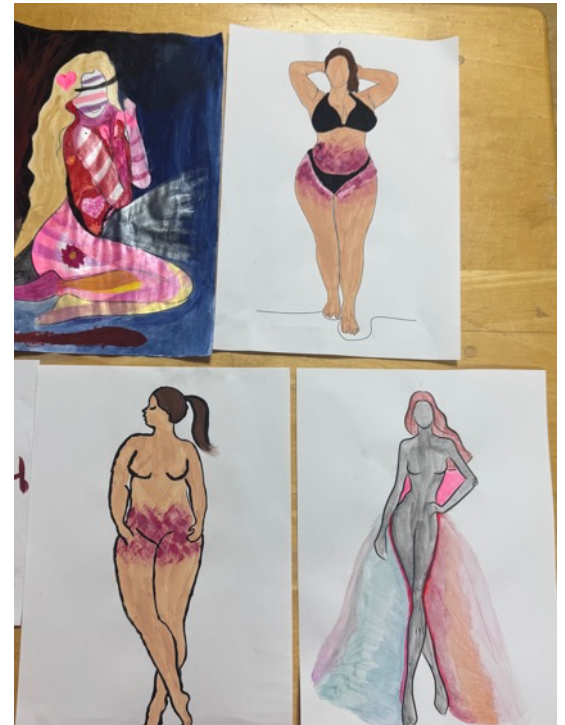
We successfully launched peer support groups within local hospital settings, providing women with opportunities to connect with others facing similar health challenges. Alongside peer support, we facilitated wellbeing activities, information sharing and signposting to help reduce isolation and improve confidence in navigating healthcare pathways.

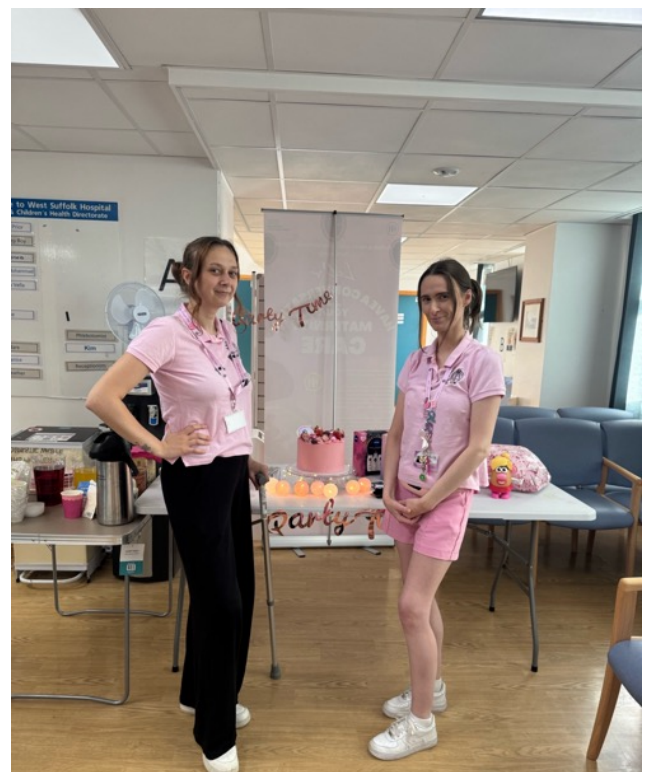
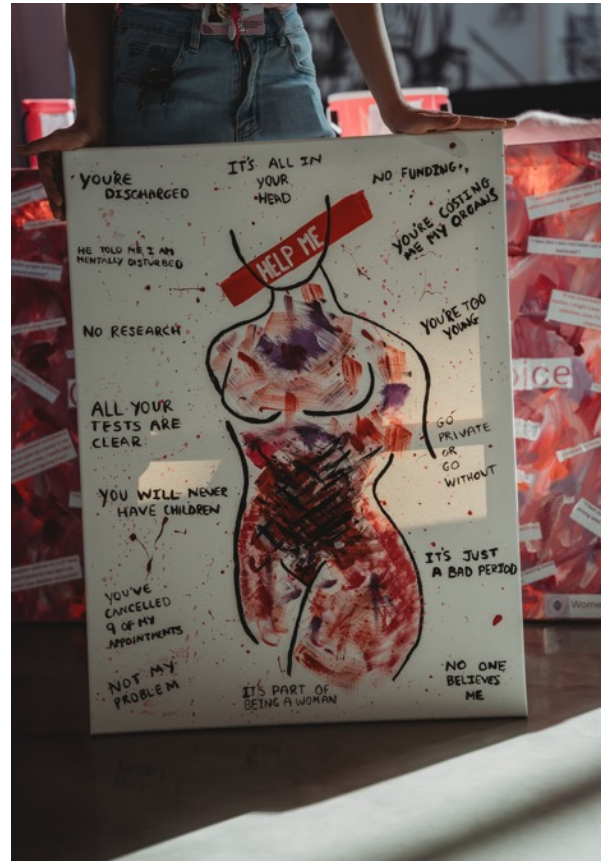
Throughout the year, we delivered awareness raising talks and educational sessions highlighting women's health conditions and the inequalities many women face when seeking diagnosis, treatment and support. We also represented the voices of women through campaigning activities, media activities, media engagement and discussions aimed at improving understanding of women's health.

A significant milestone was the launch of our first awareness campaign, The Painathon, alongside the 2025 London Marathon. The campaign highlighted the reality of delayed diagnosis in women's health and amplified the experiences of those living chronic and often misunderstood health conditions.

We worked collaboratively with healthcare organisations, community groups and local organisations to increase awareness of women's health and strengthen the support available for women and girls. These partnerships have helped establish Women's Health Hope as a trusted voice.

As a newly registered charity, we are proud of the foundations established during our first year and remain committed to expanding our reach, strengthening partnerships and continuing to improve support, awareness, and advocacy for women and girls.







Trustees' Annual Report

Objectives and Activities

Women's Health Hope exists for the public benefit to relieve and assist women in need across the United Kingdom who are suffering from women's health conditions and symptoms.

The charity seeks to achieve this by:

- Providing practical advice, information, signposting and peer support sessions to women in need
- Raising public awareness of women's health conditions and the impact they can have on individuals, families and communities.
- Raising awareness amongst medical professionals with a view of improving lived experience of women seeking medical diagnoses and treatment.

Public Benefit

The Trustees' Board have had due regard to the Charity Commission's guidance on public benefit when planning and undertaking the charity's activities carried out during the reporting period furthered the charity's charitable purposes and provided benefit to women across the United Kingdom.

Achievements and Performance

During the reporting period, Women's Health Hope established and delivered peer support opportunities for women experiencing health conditions and symptoms, providing practical support, information and signposting. The charity also delivered awareness raising activities, engaged with healthcare professionals and organisations and undertook

campaigning work to improve understanding of women's health conditions and the challenges faced by women seeking diagnosis and treatment.

The charity launched its first awareness campaign, The Painathon, which highlighted the impact of delayed diagnosis and amplified the voices of women living with chronic health conditions. The charity also continued to build relationships with organisations, healthcare settings and community partners to strengthen support available to women and girls.

Financial Review

The charity's income was derived by donations and fundraising activities. Expenditure was applied in furtherance of the charity's objectives, including delivery of charitable activities, awareness raising, administration and operational costs.

Reserves Policy

As a newly established charity, Women's Health Hope is currently building its reserves. The trustees recognise the importance of maintaining sufficient unrestricted reserves to support the charity's ongoing activities and future development.

Trustee Approval

The Trustees declare that they have approved the Trustee's Annual Report and Financial Statements from the period 13th December 2024 to 26th August 2025.

Financial Breakdown

Applicable for the following date range:

13th December 2024 – 26th August 2025

Income	Amount
Donations	£100
Fundraising	£2292.52
Funding	£0
Grants	£0
Bank interests	£0.62
Other	£0.01

Total Income	£2393.15
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Expenditure	Amount
Charitable activities	£333.30
Events & community engagement	£296.76
Website & administration	£175.35
Insurance	£393.42
Travel & Subsistence	£52
Bank charges	£25
Governance & compliance	£52
Volunteer & coordination	£16.77

Total Expenditure	£1344.60
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Summary

Total income	£2393.15
Total expenditure	£1344.60
Balance carried forward	£1048.55

Signature

Approved by the Trustees of Women's Health Hope

Signed:



Aaron Raynor

Chair of Trustees

Date: 23/06/2026

Signed:



Abby Deszo

Trustee

Date: 23/06/2026